

# Finding Someone To Stay With Your Child



*Finding someone reliable and available when you need child care can be difficult. Parents are often tempted to leave children with anyone available, especially if the situation is important, like a job or school. Think carefully about the person who will care for your child – even if it is a close friend or family member. For your child's safety and your peace of mind, it is also important to give that person clear instructions.*

## **Questions to ask yourself and/or to ask the person who will stay with your child:**

- ☐ Is this person responsible and experienced with children? Has the sitter ever cared for a baby or toddler, or is he or she more experienced with older children?
- ☐ If you will be gone during a meal, does the sitter have experience in the kitchen?
- ☐ What behavior on the part of children would lead the sitter to discipline them? What method of discipline would the sitter use and is it the same as the method you would use?
- ☐ Have you seen this person cope with an emergency? Would he or she remain calm?
- ☐ Does the sitter lose his or her temper easily and might he or she take the anger out on your child?

## **Make sure the person caring for your child has plenty of information about what to do in a variety of situations:**

- ☐ Make sure he or she knows the location of the proper food for your child and write down mealtimes or feeding schedules. Make sure the sitter knows what food is allowed for meals and snacks and whether the child has any food allergies.
- ☐ For an infant, point out the location of diapers and a pacifier, if necessary. Question the sitter carefully about his or her experience with changing diapers. Discuss what to do if an older child has an accident.
- ☐ Talk about the child's favorite toys. Does the child need a special toy or blanket in order to go to sleep? Where can it be found?
- ☐ If you have an infant, be sure to discuss when the baby might cry and how the sitter should soothe him or her. Make sure the person knows never to shake a baby.

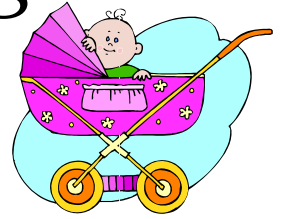
**Don't forget to leave complete information about where you will be and how you can be reached. Leave phone numbers of other people the sitter can call if he or she has questions or feels overwhelmed. Don't forget to leave the doctor's number and other emergency information as well.**

Even if you are leaving your children with a family member or close friend, you should review this type of information with him or her. The safety of your child may depend on it.



Virginia Coalition for Child Abuse Prevention  
c/o Prevent Child Abuse Virginia  
1-800-CHILDREN

# Thank You for Caring for my baby/child. . .



Here are some things you may need to know:

Child's full name \_\_\_\_\_

Age: \_\_\_\_\_ Date of birth \_\_\_\_\_

**While I'm gone he/she might be:**

**hungry?** What to do \_\_\_\_\_

\_\_\_\_\_

**sleepy?** What to do \_\_\_\_\_

\_\_\_\_\_

**wet/dirty diaper?** What to do \_\_\_\_\_

\_\_\_\_\_

**crying?** What to do \_\_\_\_\_

\_\_\_\_\_



**Special blanket/toy? What? Where?** \_\_\_\_\_

**Favorite toy or game** \_\_\_\_\_

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**If you have a problem, call me at this number:** \_\_\_\_\_

**If you can't reach me, or in an emergency, call (name and phone number):**

**Doctor:** \_\_\_\_\_

**Friend:** \_\_\_\_\_

**Neighbor:** \_\_\_\_\_

**Relative:** \_\_\_\_\_